

> 08 Young Mayor election



> 12 Waterfront Festival



> 16 Your neighbourhood



# thenewhammag

issue 303 // 10 October 2014



**Ready to  
remember**

**Remembrance and  
Armistice services (p23)**



THEATRE ROYAL STRATFORD EAST presents  
**A MAGICAL CHRISTMAS TREAT!**

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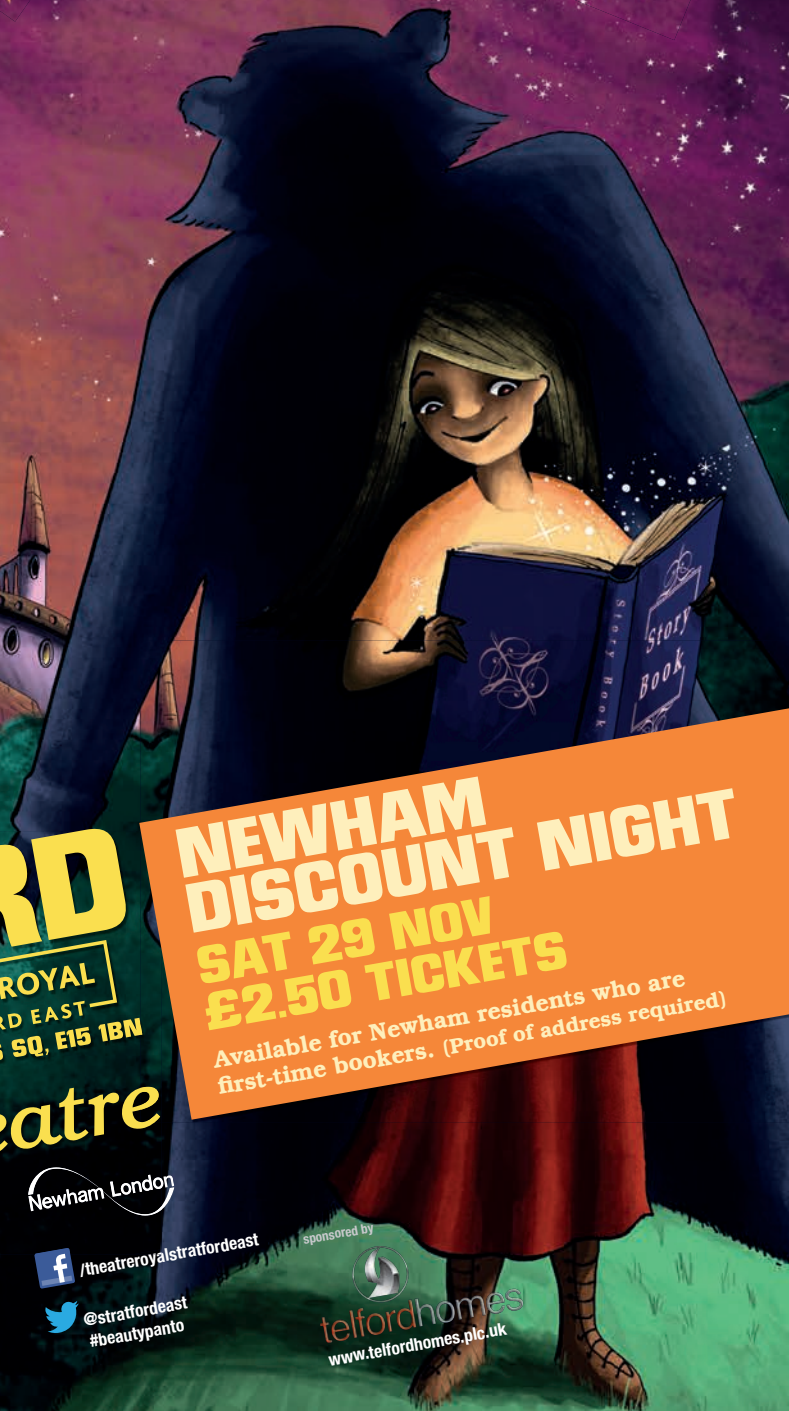
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Available for Newham residents who are  
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# contents

10 October 2014 // **issue 303**



In the race for this year's Young Mayor the pace quickens and we introduce this year's hopeful candidates (p8). There are more literal races to be enjoyed as part of Coca-Cola ParkLives winter health and fitness sessions (p19).

We're helping bring residents together to make more of an impact in their local area. Read more about your Community Neighbourhood on page 16.

In this centenary year, it is more important than ever that we come together to recognise the sacrifices of those before us who fought in the Great Wars and conflicts since. I hope as many residents as possible will come to our Remembrance and Armistice Day services to honour those who we all owe so much (p23).

*Councillor Lester Hudson*  
Cabinet member for Finance,  
Regeneration and Planning

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## Regulars

- 04 NEWS** – two pages of news from across the borough
- 06 MAYOR'S VIEW** – news from Sir Robin Wales
- 20 NEWHAM IN PICTURES** – pictures from around the borough
- 24 WORKING LIVES** – Robinsons make furniture more interesting
- 30 OUR NEWHAM** – community news
- 32 KIDS' CORNER** – pictures and puzzles for our younger readers
- 34 WHAT'S ON** – five pages of activities and events for you to try – most of them free



12



24



15



19

## Features

- 08 YOUNG MAYOR ELECTIONS** – meet your candidates
- 11 KNOW YOUR RIGHTS** – renting privately in Newham
- 12 AT THE WATERFRONT** – a big splash from the annual festival on the docks
- 15 ELEVEN PLUS** – fostering older children
- 16 COMMUNITY NEIGHBOURHOODS** – get involved with your community
- 19 FREE PARKLIVES** – activities to help you get fit
- 23 THE LAST POST** – this year's Remembrance and Armistice ceremonies
- 27 NIFTY FIFTY** – Newham enters its golden year
- 28 SIXTH SENSE** – a focused curriculum for academic development

## IN BRIEF //

### Stub out the smoking habit

Newham Council, working with Public Health England, is offering residents support to stop smoking as part of the annual national Stoptober campaign that runs for 28 days during October.

People can speak to their local pharmacy, GP, visit [www.newham.gov.uk/stopsmoking](http://www.newham.gov.uk/stopsmoking) or call **020 3373 6630** for advice. More than 850 people signed up to Newham's tailored Stoptober programme last year.

Councillor Clive Furness, mayoral adviser for adults and health, said: "Smoking contributes to the four major killers in Newham – coronary heart disease, stroke, cancers and respiratory disease. Stoptober is a fantastic way to quit."

### Resident parking permits available online

People applying for or renewing resident parking permits must now do so online only through the My Newham portal, which is available 24 hours a day, seven days a week.

The success of My Newham means the face-to-face parking permit service offered at East Ham Customer Service Centre in Barking Road on Saturdays is no longer operating.

Residents can still visit their local library for free access to a personal computer and scanner, as well as support in applying for or renewing permits online. Find out more by visiting [www.newham.gov.uk/mynewham](http://www.newham.gov.uk/mynewham)

### Survey of care support

Newham Council is conducting a survey to review carers' experiences of support and services and to find out what they think about services for the person they care for.

Survey forms will be sent to carers who have been assessed in the past 12 months. It runs until 30 November, with the results available from April 2015. For further information visit [www.newham.gov.uk/carerssurvey](http://www.newham.gov.uk/carerssurvey) or call **020 8430 2000** and select option 2.

## Year to go to scrum time

The Webb Ellis Cup came to Queen Elizabeth Olympic Park to mark one year to go to the first of the five matches to be played at the Olympic Stadium during Rugby World Cup 2015.

Newham councillors Ian Corbett, Lakmini Shah and Ayesha Chowdhury greeted the trophy with Newham's young rugby ambassador Alex Pearmain, youngsters from Chobham Academy and officials from East London Rugby Club and the Rugby Football Union.

The council is helping to build excitement in the run up to the event next year by distributing 200 rugby balls to secondary schools and supporting youth activities at East London Rugby Club.

Councillor Corbett, mayoral adviser for environment and leisure, said: "We want to get our residents talking about rugby and we want our young people to be inspired to take up the sport. Newham and the Olympic Stadium will be great hosts in 2015."



Councillors and students welcome the Webb Ellis Cup

## Employment can benefit all

Newham Council has launched a three-year strategy designed to increase the number of people with health and social care needs gaining paid work or self-employment.

The strategy, which was launched at St Mark's Community Centre in Beckton, was compiled after consultation with customers and carers. It covers people with learning disabilities, sensory, visual or hearing impairments, mental health support needs or substance misuse issues amongst others. It also offers support for carers.

As part of the strategy, Workplace, the council's free employment service, now has dedicated teams in place ready to support residents with such needs to find work or training. Find out more by calling Workplace on 020 3373 1101.

Councillor Clive Furness, mayoral adviser for adults and health, said: "Finding stable employment can be difficult for those with health or social care needs. This new initiative offers access to a range of support."

To register or find out more about Workplace visit [www.newhamworkplace.co.uk](http://www.newhamworkplace.co.uk)



Cllr Furness, centre, helps launch the strategy



## Thanks for carnival of delights



Grange School



Chobham Academy



Vicarage School

Youngsters who helped make this year's Mayor's Newham Carnival a success have received an official thank you.

Pupils at Chobham Academy in Stratford, Vicarage School in East Ham, and Grange School in Plaistow, received carnival plaques from Mayor Sir Robin Wales and Councillors Ellie Robinson, Forhad Hussain and Quintin Peppiatt. Vicarage was judged best in show.

The pupils were among more than 2,000 residents, including

500 young people from 17 schools, who joined the parade around the streets of East Ham in July as part of the Mayor's Newham Show. This year's event was inspired by the 2014 World Cup taking place in Brazil and involved samba, steel bands and salsa

Sir Robin said: "The parade was a fantastic display of colour and imagination which was the result of a lot of hard work by our young people. I am delighted to get the chance to say thank you."



## Invite to free fireworks spectacular

Residents are invited to Newham Council's spectacular free Guy Fawkes Night fireworks display on Saturday 1 November.

The display which is set to music takes place on Wanstead Flats, Centre Road, Forest Gate. Gates open at 5.30pm with the display at 6.30pm.

Pedestrian entrances to the event are in Centre Road and Dames Road. There is no parking on site and people are advised to use public transport. Bicycle racks and Blue Badge parking will be available. Part of Centre Road will be closed while the event is in progress.

You may be searched as a condition of entry. Dogs, sparklers, personal fireworks, glass bottles and alcohol are not allowed on site. The display will be on soft ground and may change because of the weather. Check [www.newham.gov.uk/fireworks](http://www.newham.gov.uk/fireworks) for updates.

## Switch on to saving energy

The Big London Energy Switch is back, offering residents another opportunity to join an energy "auction" to save money on energy bills.

Newham Council, along with 23 other London boroughs, is taking part in the scheme, which makes it easier to switch energy providers and could result in a better deal on utility bills.

Taking part is free and there is no obligation to switch.

If you register and get five or more people to do the same, you will be entered into the prize draw for a year's free electricity and gas.

Register at [www.biglondonenergyswitch.org.uk](http://www.biglondonenergyswitch.org.uk) before 14 October.

For more tips on saving energy visit [www.newham.gov.uk/thinkingaboutswitching](http://www.newham.gov.uk/thinkingaboutswitching)



# Sacrifices we must all remember



You will read elsewhere in this edition of the *Newham Mag* the details of the Remembrance Sunday services that are taking place across the borough next month.

This year there is added poignancy as we commemorate the centenary of the start of World War I. In this 100th year it is important that our young people gather with us to remember those who gave their lives serving their country.

None of the generation that fought in World War I remains to tell their stories, but future generations need to know about the sacrifices that our armed services community has made, and still makes today. Our young people are the custodians of

the remembrance message.

Fighting for your country is the ultimate expression of support for our community and way of life. I was inspired when I met some of the injured veterans who took part in the Invictus Games. They and their colleagues are still risking their lives on the front line for us. That is why we will never waiver in our support for former and current members of our armed services and their families. I know that support makes a great difference to them.

It is also important we support our reserve forces. They play a crucial role in countering security threats, peacekeeping and humanitarian efforts abroad, as well as supporting community initiatives at home. We are proud to have G Company 7 Rifles reservists based in West Ham, and we awarded them Freedom of the Borough in 2012.

As employers we can all do our

bit to support residents who want to combine a civilian career with part-time, paid roles in the armed services. Reservists are an asset to any workforce. The skills they possess in leadership, project management, communications and self-discipline, can benefit any organisation. We all have a part to play in encouraging those from all walks of life who are considering the benefits that joining the Reserves can bring.

## Sign up for service

If you are interested in joining G Company visit the Territorial Army Centre, The Cedars, Portway, E15, any Tuesday evening at 7.45pm or call 020 8472 0140. You must be aged between 18 and 43.



# Mayor's view



# Shining a floodlight on the capital's housing crisis

Newham Council has successfully taken back possession of four illegally occupied boarded up flats on the Carpenters Estate beside the Olympic Park. This victory has shone a light on London's housing crisis – which will only deepen without urgent action.

**“Hostel accommodation is not an appropriate place for young families to live long term if they are ready to live independently.”**

Hostel accommodation is not an appropriate place for young families to live long term if they are ready to live independently. When the council took the decision – with their landlord East Thames Housing – that 30 families were ready to move from the Focus E15 Foyer in Stratford, we should have engaged with them from the start, planned how we would support their next steps and worked with them individually. However, we did provide a package of support, including rent deposits and landlord incentives – no one was either evicted or made homeless.

Although the decision was the right one, the way both their landlord and the council initially dealt with the Foyer families was unacceptable, and for that I apologise.

The 23-acre Carpenters Estate requires urgent redevelopment. When our attempt last year to use vacant properties on the estate as temporary homes was legally blocked we should have fought back, in court if necessary. We're now making up to 40 of those homes available for homeless families. The spotlight on Stratford must be turned into a floodlight on London's housing crisis. The lack of housing supply, welfare cuts and the private rented sector's spiralling rents and declining standards are a triple whammy.

**“Reversing the crisis in London's housing market will take significant investment, political courage and tough decisions. This is a challenge which we must work together to meet.”**

Newham's residents will lose almost £4m through the Bedroom Tax and Benefit Cap this year alone, while the money we receive to support them has been cut. Westminster Council receives around £8m a year in homelessness prevention grant, while Newham, which has been dealt one of the biggest cuts in the country, gets just £700,000. They

can therefore continually afford to outbid our housing team and have placed thousands of their homeless families in Newham and elsewhere. In turn, a growing number of London councils are forced to house their homeless people further and further afield. The impact of moving families away from schools, family networks and their communities is obviously devastating.

Here in Newham we are doing our bit. If you work more than 16 hours per week the Benefit Cap does not apply. Through Workplace, the largest jobs brokerage service of its kind in the country, more than 22,000 residents have found work. We have established a company which will build thousands of homes, many of which will be genuinely affordable for low paid residents and we will continue to invest, so that in a few years half will be subsidised. And, in our drive to improve the standard of rental accommodation, we were the first borough in the country to introduce private rented sector property licensing.

Reversing the crisis in London's housing market will take significant investment, political courage and tough decisions. This is a challenge which we must work together to meet.

**To read more about this story visit [www.newham.gov.uk/newsupdate](http://www.newham.gov.uk/newsupdate)**

## with Sir Robin Wales





# X MARKS THE BOX - WHO WILL

On Tuesday 21 October thousands of young people will take to the polls to vote in this year's election for Newham's Young Mayor. If you're aged 11 to 18 and live, work or study in Newham, you can vote for one of the following young people to represent you and your views.



**ABHINAV BEJOY,  
15, STRATFORD SCHOOL  
ACADEMY**

Teenagers are often shown in a negative light. I want to change this. Young people have the right to be heard and be accepted for who they are.



**ATTHAL AHMAD, 14, STRATFORD  
SCHOOL ACADEMY**

I want more opportunities for young people to enjoy and improve themselves. I want a safer Newham, on the roads and in communities. Young people are the future. We should have our voices heard.



**AHMED IBRAHIM,  
15, ROKEBY SCHOOL**

Young people should have access to enjoyable activities and events. Have fun. Get fit. Stay focused. I will push for a fresh Newham with cleaner streets and better public transport.



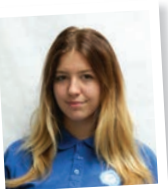
**CHARLES KANDA,  
16, LITTLE ILFORD SCHOOL**

My vision is for a borough-wide academic community which celebrates the progress of all young people in Newham. I will, with your support, create a more dynamic Newham.



**AMANI ISLAM, 14,  
PLASHET SCHOOL**

I will start enterprise and mentoring schemes where teenagers can be creative, develop their financial skills and inspire the next generation. Young people are seen, not heard. I'm going to change that.



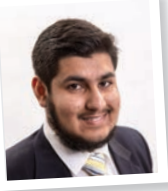
**ELLIE PLENTY, 15, ROYAL  
DOCKS COMMUNITY SCHOOL**

I want to bring out young people's hidden talents. I believe in improving opportunities for young people by widening access to mentoring schemes, careers advice and counselling.



**ARLINA HYSEHAJ,  
14, SARAH BONNELL SCHOOL**

I want to help young people develop their skills and confidence via youth clubs and courses. I aim to motivate, empower and inspire them to become the leaders of tomorrow.



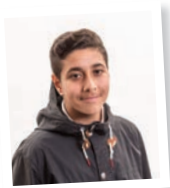
**KHURRAM NAZIR, 16, NEWHAM  
SIXTH FORM COLLEGE**

I will work to make our community safer through providing access to sporting events, campaigning against anti-social behaviour and improving street lighting. Together, we can make a difference.





# BE YOUR NEXT YOUNG MAYOR



**MUHAMMED EL-TAWIL,  
16, CUMBERLAND SCHOOL**

I want to improve our leisure centres so young people of all abilities can take part in sport. I will support you to get involved in courses, become entrepreneurs and generate an income.



**RAHWA TEDROS,  
14, SARAH BONNELL SCHOOL**

I want to improve clubs for 11 to 18 year olds outside of school and make Newham a cleaner, safer place where young people don't fear crime or gangs.



**RAYAAN BADI,  
15, LISTER COMMUNITY SCHOOL**

I want to improve support services for help or advice. I want to bring out the best in Newham's young people. Everyone has the potential to be great.



**SADIA KHAN,  
15, PLASHET SCHOOL**

I want to give young people opportunities they deserve. I will engage you with top universities through workshops and visits. Young people should have better career insight through work shadowing and business links.



**TAKIAH SIMEON-SMITH, 15,  
KINGSFORD COMMUNITY SCHOOL**

I will consult you on the best way to keep youth clubs open and improve them. I want young people to come together to showcase and celebrate their talents.



**TANWEERUR SIDDIQUE, 15,  
FOREST GATE COMMUNITY  
SCHOOL**

I want to raise awareness of cultural diversity for young people in Newham and ensure they have an opportunity to take part in activities in the borough and beyond.



**TEMOORE ZULFIQAR, 18, ST  
BONAVENTURE'S SCHOOL**

I want young people to realise their academic aspirations and plan for a successful future. Regular careers fairs, mentoring networks and events should give us access to professionals.



**YASEEN BUX, 15, LANGDON  
ACADEMY**

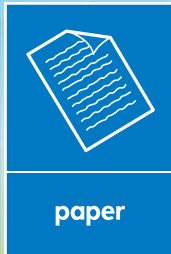
I want better facilities for all young people to live, work, study and socialise in Newham. We should have more opportunities that enable us to become active, employable citizens.

**If you want to make a change, it's not too late. If you're aged 14 to 18 you have until Friday 17 October to apply to become a Youth Councillor. For more details visit [www.newham.gov.uk/youngmayor](http://www.newham.gov.uk/youngmayor)**

## WHO WILL GET YOUR VOTE?

Find out more about this year's candidates by watching their video manifestos at [www.newham.gov.uk/youngmayor](http://www.newham.gov.uk/youngmayor) and support the campaign via Twitter [@ym\\_newham](https://twitter.com/ym_newham). Don't forget to vote at your school, college or at town halls in East Ham and Stratford on **Tuesday 21 October**.





**Only put these  
items in your  
recycling bin**

**Please put all general waste in your rubbish bin.**  
**[www.newham.gov.uk/recycling](http://www.newham.gov.uk/recycling)**



**Play your part for a Cleaner,  
Greener Newham**

## RATHBONE MARKET

CANNING TOWN

### 1 & 2 bedroom apartments available to buy through Shared Ownership

Located just 0.2 kilometres, a 5 minute walk\*, from Canning Town DLR & tube station, these contemporary homes offer great transport connections around London. You will need a guidance income of £38,573 for a one bedroom apartment and £48,250 for a two bedroom apartment, with priority given to Newham residents.



Call now to book a viewing:

**020 8357 4444**

**[www.nhhg.org.uk/rathbonemarket](http://www.nhhg.org.uk/rathbonemarket)**

\*Travel times are approximate only, sourced from Google Maps. Walking times are based on average speed. Image shown is a Computer generated image of Rathbone Market - view of rear of blocks E and F.





# Tenants' rights

**In January 2013 Newham Council introduced borough-wide private rented property licensing. Licensing means your rights, as a private tenant, are better protected in Newham more than anywhere else in the country.**

Newham Council will not put up with unacceptable standards of behaviour from criminal landlords who take advantage of vulnerable people. So far we have taken 346 prosecutions against criminal landlords for renting unlicensed properties and for poor housing conditions.

As a tenant you have the right to expect certain standards from your home:

- your home should be safe and fitted with smoke alarms
- your home should not be overcrowded
- your home should be in good repair and the landlord must regularly inspect it to make sure that it is
- if you suffer problems with noise, rubbish and anti-social behaviour your landlord must investigate them.

To get a licence your landlord must meet certain standards:

- a landlord must pass a test as a “fit and proper” person and commit to protect you and your family
- you must be given a written tenancy agreement
- your deposit must be safeguarded in a Deposit Protection Scheme and you should be provided with details so that you can check.

If the property you rent is not licensed, you could be entitled to get up to a year's rent paid back to you if your landlord is convicted for renting an unlicensed property.

For more information about tenants rights visit **[www.newham.gov.uk/privatetenantsadvice](http://www.newham.gov.uk/privatetenantsadvice)**

Landlords who do not have a licence for their property face a fine between £5,000 and £20,000. To check if your

landlord has licensed the property you rent check the register at

**[www.newham.gov.uk/licensingregister](http://www.newham.gov.uk/licensingregister)**

If your landlord will not carry out critical repairs or is trying to evict you illegally, email **[ENVprivate.sectorhousing@newham.gov.uk](mailto:ENVprivate.sectorhousing@newham.gov.uk)** or call **020 3373 1950**.

From October 1, all letting or property management agents are legally required to be a member of a Government approved redress scheme, which will ensure they can be investigated if they have not been clear about fees or other issues.

As part of the Fair Lettings Project, Newham Council has written to all agents asking which scheme they have signed up to. Those who have failed to do so could face enforcement action including a Penalty Charge Notice of up to £5,000.

Ask your letting agent which scheme they are signed up and check they are registered.

Find out more at **[www.newham.gov.uk/privatetenantsadvice](http://www.newham.gov.uk/privatetenantsadvice)**



# Waterfront ends with a bang

Almost 20,000 residents flocked to the docks for Newham Council's free Waterfront Festival.

On the water visitors enjoyed boat cruises, and paddle boarding, while on the shore crowds flocked to join in the Zumba and salsa classes.

The under-fives got creative making extraordinary sand art on the beach. There was also an environmental monster show with the big green Kraken telling off naughty pirates for dropping litter.

On stage Candy Apple Blue got the audience going with classic pop and Motown hits before 70s soul sensation The Real Thing got funky with hits like *Can You Feel the Force?*

However, the biggest hit of the night was the magnificent 12-minute firework display above the docks. Set to the music of James Bond, including *Goldfinger*, *Diamonds are Forever* and *Skyfall*, everyone was left a little bit shaken and stirred.

Deputy mayor, Councillor Lester Hudson said: "If you enjoyed the fireworks at the Waterfront Festival make sure you come to our free Guy Fawkes' Night fireworks display at Wanstead Flats on Saturday 1 November."



Anti clockwise from left: Mr Mojo uses his charm to captivate this audience; Going deep with King Neptune; Diamonds over the docks as fireworks light up the night sky





Anti clockwise from top: Towing the line at sailing lessons with the Newham Sea Cadets; Aye, eye – this visitor gets a telescopic view of the event; There was no shivering on these timbers at activeNewham's salsa and Zumba sessions; Up and away: youngsters enjoy the climbing wall; Soul singers prove to the crowd that they are The Real Thing

## Free fireworks - 1 November

Don't miss our annual, fabulous free Guy Fawkes Night fireworks display on Saturday 1 November. Turn to pages 5 or 39 for more details.



# Starting school



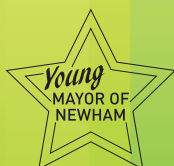
**If your child will have their 5th birthday between 1 September 2015 and 31 August 2016 you need to apply for a reception class place now.**

The deadline to apply for a reception class place for entry in September 2015 is **15 January 2015**. If you miss this date you will have less chance of getting the school that you prefer. Pick up a copy of the autumn 2014 edition of the Starting School guide from any Newham Council operated nursery, infant or primary school.

**Apply online, to apply on time.**



For more information visit [www.newham.gov.uk/schooladmissions](http://www.newham.gov.uk/schooladmissions)



# YOUNG MAYOR 2014

**Voting day:**  
**21 October 2014**

To find out more visit the website at  
[www.newham.gov.uk/youngmayor](http://www.newham.gov.uk/youngmayor)  
or [ym\\_newham](https://twitter.com/ym_newham)



# Fostering family values

**There are many reasons why people foster. Michael and Tena, originally from Ethiopia, wanted to help someone and provide companionship for their son.**



That decision was made ten years ago. Michael explained: "Life in Ethiopia is communal, with a wider extended family. This country is very different. My son struggled to adapt to this way of life. He was isolated, separated from his wider family and friends, so we thought that having somebody to foster would provide him company and at the same time we felt it would be rewarding to help someone. That is how we started."

**"Our aim is not just to foster them, but for them to have success"**

The Newham couple decided to foster older children because they wanted someone nearer their son's age as well as someone at school so they could continue working.

Before they started fostering they went on training. Michael says: "The training covers a lot of things, but it is also informed by the experiences of other foster carers. Since then we have had children from different walks of life. By helping them overcome their problems we have become more resilient too."

Tena said: "When you plant a seed and give it water and nurture it, that is life. Children are like that. You love to see them grow up. Our aim is not just to foster them, but for them to have success. We have both got that passion, so fostering is very rewarding to us."

They have found fostering so rewarding that they now do it full time.

#### **You can be:**

- > from any background
- > almost any age, but in good health
- > married, in a civil partnership, single, divorced or living with your partner
- > renting or a home owner.

You will need a patient, understanding and flexible nature but you will also need some direct experience of working with or caring for young people.

#### **You will receive:**

- > a fostering allowance that covers the young person's expenses
- > a fee for yourself
- > ongoing training
- > your own social worker for support.

#### **Could you foster a teenager?**

Call Newham fostering service **0800 0130 393** or visit [www.newham.gov.uk/fostering](http://www.newham.gov.uk/fostering)



# EVERYBODY NEEDS GOOD COMMUNITY NEIGHBOURHOODS

WHETHER YOU'VE LIVED IN NEWHAM FOR TWO MONTHS OR 20 YEARS, HEAD DOWN TO YOUR LOCAL COMMUNITY NEIGHBOURHOOD CENTRE AND DISCOVER HOW MUCH IS ON OFFER.

COMMUNITY NEIGHBOURHOOD CENTRES ARE PUBLIC BUILDINGS LIKE LIBRARIES AND COMMUNITY CENTRES RUN BY THE COUNCIL THAT OFFER MORE THAN JUST BOOKS AND GROUP ACTIVITIES. FROM MOVIE NIGHTS TO ORAL HEALTH DROP INS, TEA DANCES TO ICT SESSIONS, TAKING AN INTEREST IN WHAT'S HAPPENING IN YOUR AREA WILL MAKE YOU FEEL MORE INFORMED AND BETTER CONNECTED TO YOUR LOCAL COMMUNITY. YOU MAY EVEN LEARN SOMETHING NEW.

WE LOOK AT A TYPICAL RESIDENT DISCOVERING WHAT HER COMMUNITY NEIGHBOURHOOD HAS TO OFFER...

1  
DAWN HAS MOVED INTO NEWHAM AND IS CHATTING TO HER NEIGHBOUR



2

DAWN HEADS TO HER LOCAL LIBRARY AND SPEAKS TO A MEMBER OF STAFF



3



DAWN FINDS OUT ABOUT FIRST AVENUE URBAN WILDERNESS COMMUNITY GARDEN

4  
SHE MEETS JACQUIE PARKER, WHO TELLS HER HOW SHE SET UP A COMMUNITY GARDEN WHERE PEOPLE USED TO DUMP RUBBISH



5







6

...AND A CRAFT SESSION



7

9

DAWN MEETS MARIAN AT A STREET PARTY



8

A COMMUNITY NEIGHBOURHOOD MEMBER OF STAFF SHOWS HER HOW SHE CAN REPORT ISSUES TO THE COUNCIL



10

INSPIRED BY HER EXPERIENCES, PROFESSIONAL SINGER DAWN APPLIES FOR A GO FOR IT GRANT

### WHAT YOU COULD DISCOVER IN YOUR COMMUNITY NEIGHBOURHOOD:

- ACTIVITIES FOR ALL AGES
- EMPLOYMENT SUPPORT
- COFFEE MORNINGS
- HEALTH AND WELLBEING SESSIONS
- A RANGE OF CLUBS AND GROUPS
- THE TOOLS TO HOST A COMMUNITY FESTIVAL
- THE CHANCE TO DISCUSS IDEAS OR CONCERNS WITH YOUR LOCAL COUNCILLOR.

THERE'S MORE TO YOUR COMMUNITY NEIGHBOURHOOD THAN MEETS THE EYE. VISIT [WWW.NEWHAM.GOV.UK/COMMUNITYNEIGHBOURHOODS](http://WWW.NEWHAM.GOV.UK/COMMUNITYNEIGHBOURHOODS), EMAIL YOUR COMMUNITY NEIGHBOURHOOD TEAM OR HEAD TO YOUR LOCAL LIBRARY TO FIND OUT MORE

BECKTON AND ROYAL DOCKS:

[CN.BECKTONROYALDOCKS@NEWHAM.GOV.UK](mailto:CN.BECKTONROYALDOCKS@NEWHAM.GOV.UK)

CUSTOM HOUSE AND CANNING TOWN:

[CN.CUSTOMHOUSECANNINGTOWN@NEWHAM.GOV.UK](mailto:CN.CUSTOMHOUSECANNINGTOWN@NEWHAM.GOV.UK)

EAST HAM: [CN.EASTHAM@NEWHAM.GOV.UK](mailto:CN.EASTHAM@NEWHAM.GOV.UK)

FOREST GATE: [CN.FORESTGATE@NEWHAM.GOV.UK](mailto:CN.FORESTGATE@NEWHAM.GOV.UK)

GREEN STREET: [CN.GREENSTREET@NEWHAM.GOV.UK](mailto:CN.GREENSTREET@NEWHAM.GOV.UK)

MANOR PARK: [CN.MANORPARK@NEWHAM.GOV.UK](mailto:CN.MANORPARK@NEWHAM.GOV.UK)

PLAISTOW: [CN.PLAISTOW@NEWHAM.GOV.UK](mailto:CN.PLAISTOW@NEWHAM.GOV.UK)

STRATFORD AND WEST HAM:

[CN.STRATFORDWESTHAM@NEWHAM.GOV.UK](mailto:CN.STRATFORDWESTHAM@NEWHAM.GOV.UK)



# FreedomPass RENEWAL 2015

## Are You a Freedom Pass Holder?

Newham Council is taking part in a London-wide scheme to renew all **disabled person's** freedom passes which expire on 31 March 2015.



Between September 2014 and January 2015 we will contact you with details of how to renew your freedom pass so it is ready for April 2015. You do **not** need to contact us.



If you have an **older person's** freedom pass that expires on 31 March 2015, visit [www.newham.gov.uk/freedompass](http://www.newham.gov.uk/freedompass) or call **0300 330 1433** for more information on how to renew your pass.



## Aged 40-74? Find out about our **FREE** NHS Health Check

Even though you might be feeling great, if you're over 40 you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.



Call 0345 029 4033 or visit [www.nhs.uk/nhshealthcheck](http://www.nhs.uk/nhshealthcheck)



Helping you prevent  
diabetes  
heart disease  
kidney disease  
stroke & dementia

in partnership with



# SPEAK UP!



**Are you concerned  
that a child or adult  
may be experiencing harm,  
exploitation or neglect?  
Or is this happening to you?**

## Report it today

Adult safeguarding team: **020 3373 0440**  
(24 hour reporting line)

Children's safeguarding team: **020 3373 4600**  
(Monday-Friday, 9am-5pm) or  
**020 8430 2000** (out of hours)  
ChildLine: **0800 1111**

Or in an emergency call **999**

## More information

Adult abuse:  
[www.newham.gov.uk/adultsafeguarding](http://www.newham.gov.uk/adultsafeguarding)  
Child abuse: [www.newhamlscb.org.uk](http://www.newhamlscb.org.uk)





# More time to enjoy ParkLives

**Three-and-a-half thousand people and 3,000 hours of free activity for all ages across ten Newham parks, it could only be Coca-Cola Zero ParkLives. If you missed out on this summer's fun and games it's not too late to get involved.**

Working in partnership with the council's leisure trust, activeNewham, ParkLives aims to get residents more active and in turn become healthier and happier.

Newham was the only London borough to pilot the programme, which has been so successful that it will be expanded to additional areas and help achieve Coca-Cola's aim of getting one million people in the UK more active by 2020.

Since June and throughout the summer, residents of all abilities have been enjoying a range of activities from unusual aerobics, such as buggy fit, to tranquil yoga. Summer might be over but ParkLives is continuing with winter sessions to warm you up and help you get fit.

## **ParkFit**

***Mondays from 20 October to 30 March 2015, 6-6.45pm, Newham Dockside, grass opposite Royal Albert DLR, 1000 Dockside Road, E16.***

***Fridays from 17 October to 27 March 2015, 7-7.45am, Central Park, High Street South, E6. Meet at the cafe.***

A fun way to improve stamina, tone muscles and aid weight loss.

## **Your Pace, No Race (YPNR)**

***Sundays until 29 March 2015, 9.30-10.30am, Central Park, High Street South, E6. Meet at the cafe.***

Suitable for families and aimed at absolute beginners, YPNR 2k, 3k and 4k events are not timed, so you can take the session in your stride. All sessions are fully accessible to wheelchair users and pram pushers.

## **Yoga, 18+**

***Fridays until 29 March 2015 (excluding 24 October), 10.30am-12 noon, Central Park Bowling Green Pavilion, High Street South, E6.***

Using reflexology, the metamorphic technique and Kundalini yoga, achieve a sense of equilibrium through yoga and meditation.

## **Tennis, 14+**

***Fridays until 27 March 2015, 5-7pm, Stratford Park, West Ham Lane, E15. Meet at the tennis courts.***

You'll learn to love tennis at these fun sessions, which are served up by qualified coaches.



**For more information about ParkLives visit [www.parklives.com/councils/newham](http://www.parklives.com/councils/newham)**





Newham in pictures





**1** Playing with fire – youngsters learn about fire safety at the Grassroots festival, Memorial Park, West Ham. **2** A dance to remember. Marking the centenary of the start of World War I with a tea dance at the Old Town Hall, Stratford. **3** Making School Attendance Matter. SAM the Attendasaurus visits Vicarage School, E6, to hand out awards. **4** Pupils from Chobham Academy, E20, welcome the Webb Ellis trophy and begin the countdown to Rugby World Cup 2015. **5** Step to it at the Coca-Cola ParkLives boot camp at Newham Leisure Centre, E13 (see p19).





## Are you a landlord, property developer or managing agent looking to let a property?

### No commission, no fees, no hassle.

Newham Council URGENTLY requires properties and wants to work in partnership with local landlords and managing agents to rent their properties.

### The council can offer:

- Up to £2,000 non-refundable cash incentive payment
- £200 non-refundable cash payment to hold a property
- Deposit bond to the value of six weeks' rent
- Deposit and rent in advance

### Working with the council means:

- Ongoing landlord support and advice
- Support to maintain the tenancy
- Direct rent payments
- Local housing allowance (LHA) rates paid

If you have any properties or would like to find out more about our Private Rented Sector Scheme, contact the Housing Supply team now.

**Telephone: 020 3373 1149**

**Email: [PRSSupply@newham.gov.uk](mailto:PRSSupply@newham.gov.uk)**

## NewShare

Want to buy your own home in Newham? Can't afford a large deposit or the cost of buying on the open market? Newham Council's shared equity scheme, NewShare, could help you.

**For more information and advice on buying a home using shared equity visit**  
**[www.newham.gov.uk/NewShare](http://www.newham.gov.uk/NewShare)**

in partnership with





# 100 YEARS

**Every November, on the second Sunday of the month, we remember those who died in World War I, World War II, soldiers in subsequent wars and the bravery of the servicemen and women who continue to protect us from harm.**

**WWI**  
**100**  
**1914-18**

Remembrance Sunday is the Sunday nearest to Armistice Day which takes place on 11 November and is the anniversary of the end of World War I. This year is of particular significance as it is 100 years since the start of World War I.

During World War I millions of people lost their lives fighting to protect our country, including many from Newham.

Mayor Sir Robin Wales said: "In this 100th year it is important that young people gather with us at the Cenotaph in East Ham and at other services to remember the servicemen and women who gave their lives serving their country. None of the generation that fought in World War I remain to tell their tale, but future generations need to know about the sacrifices that our armed services

have made, and still make today. Our young people are the custodians of the remembrance message."

Residents are invited to join Newham Council and staff at these services and observe the national two-minute silence on 11 November.

## **Remembrance Sunday events, Sunday 9 November**

### **East Ham Cenotaph, Central Park, High Street South, E6**

*The parade will assemble at Newham Town Hall, East Ham, then march to Central Park at 10.30am. After a service (11.45am) the parade will march back to the Town Hall.*

### **All Saints West Ham Parish Church, Church Road, E15**

*The service by Rev Stennett Kirby starts at 10.40am. Guests are asked to be seated by 10.30am.*

### **St Mark's Memorial, Factory Road, E16 (grounds of Brick Lane Music Hall)**

*The parade will assemble at The Royal British Legion, Constance Street, at 10.15am. The parade to Factory Road, E16, commences at 10.20am, with the service starting at 10.50pm.*

### **St Luke's Memorial, Tarling Road, E16**

*The service starts at 10.40am and will be led by Rev Emeka Ejinkonye. Please arrive by 10.30am.*

## **Armistice Day, Tuesday 11 November**

### **East Ham Cenotaph, Central Park, High Street South, E6**

*The services starts at 10.50am with a two-minute silence at 11am.*

**For more information visit**  
**[www.newham.gov.uk/remembrance](http://www.newham.gov.uk/remembrance)**







# Are you sitting comfortably?

**From antique chairs to three-seater settees, car seats to speed boats, if you've got furniture in need of some TLC, chances are you'll need the services of Mark Robinson.**

Mark follows a long line of upholsterers beginning with his great grandfather, who opened Robinson's Upholsters. Mark said: "The first shop opened in 1909 in Katherine Road. I'm not sure how it came about as before this my great granddad was a greengrocer and then an insurance salesman. He died in 1922 when the influenza hit." The

business went down the line of succession and over to Mark's grandfather: "He wanted a bigger shop so he opened two on Barking Road. We sold the shop in Katherine Road in the 80s. We've been here in Upton Lane since the 1940s. My dad took it over after it was bombed during the war and put in a new shopfront." And there the shop remains, so

familiar that it has become part of the fabric of the street.

Upholstering is in Mark's blood: "I'd come and help in my school holidays and on Saturday mornings and slowly started learning the trade. When I left school I could already upholster, so did an apprenticeship."

Robinson's higgledy piggledy shop





front promises bespoke items and quality pieces that you won't find on just any high street. Walk through the doors and you're transported to a workshop filled to the rafters with patchwork fabrics, half stripped furniture and virtually no machinery: "We have sewing machines, but everything has to be cut out by hand. We still work with horse hair and

things like that. Every job is different, and you can't get a machine to do that." Mark demonstrates the old craft of tacking where giant drawing pins are used to seal fabrics. He places half a dozen tacks in his mouth, collecting one with a magnetic hammer and bashing it into place: "When my granddad had his business, he said

## > WORKING LIVES

some of the guys were telling a story and another had a handful of tacks in his mouth. When it got to the punch line, the chap with the tacks swallowed them." Fortunately, that doesn't happen during today's demonstration.

Has the consumer's thirst for throwaway items seen a dip in Mark's business? He said: "Sometimes people come in and ask for a quote for re-covering and often it can cost you more than a new item. We can't compete with big retailers but we get work from them because their furniture might break or fall apart, which we can usually repair."

**"There is plenty of work there but not enough people to do it"**

Mark has hundreds of material samples to suit all kinds of customer, with prices starting from £18 to more than £100 per metre. His upholstery techniques are also vast. His fillings range from varying grades of foam to horse hair and Algerian grass to feathers. And his work isn't just limited to his high street clientele: "I did a big footstool for Princess Margaret once using very expensive silk. We did a lot of West End stage and TV work. We had to make up things like settees with trap doors in them or upholster frames that they supplied us with."

Two years ago Mark set up Robinson's website which has attracted more business: "We have people contacting us from a long way away saying their local upholsterers has closed. When I started there were more than 30 upholsterers in the area. I think now we're the only ones with a shop. The people that taught me are dead or retired; no one is learning the trade now. There is plenty of work there, but not enough people to do it.

"I don't have any children so after I retire I think it will just close down, unless my nieces and nephews want to take it over, but you can't force anyone into a trade. You've got to love it."

**Robinson's Upholsterers is  
at 78 Upton Lane, E7. Visit  
[robinsonsupholsterers.co.uk](http://robinsonsupholsterers.co.uk)**





Newham London

# Queen's Market **New traders wanted!**

We have a limited number of vacant pitches currently at Queen's Market and other markets in Newham.

## We are seeking traders offering:

- Books
- Delicatessen produce
- Sportswear
- Sports equipment/items
- Car accessories
- Men's fashion
- Quality hot food
- Gifts and ornaments
- Computers and accessories.

## Or something different you think would complement the market.

Queen's Market is open every Tuesday, Thursday, Friday and Saturday, 9am-6pm. Pitches are available at just £85 per week.

Don't forget, Queen's Market is also open every Sunday from 10am-4pm; second hand sellers are welcome, and it's only £10 per pitch!

For more information and to book your pitch now, please contact the team on:

📞 020 8475 8971 @ Street.Markets@newham.gov.uk 🌐 [www.newham.gov.uk/markets](http://www.newham.gov.uk/markets)

Or alternatively come down to meet the team when the market is open

Find us located right next to Upton Park Tube, Green Street, Upton Park E13



**QUEENS MARKET**

# Don't ignore it, report it!



Download the free **Love Newham** app now at [www.newham.gov.uk/lovenewham](http://www.newham.gov.uk/lovenewham)

**Love Clean Streets**

Newham London



**Mayor of Newham**



# Fifty years of Newham

**Next year Newham will be celebrating its 50th birthday. The area has a long and rich history, but it was only named Newham in 1965 after the former boroughs of East Ham and West Ham were joined. We want you to tell us your favorite memories of Newham.**

Over the past 50 years not many places have changed as much as Newham. Great things have happened here.

We have seen new buildings rise, including: Stratford Station, ExCeL and the Olympic Stadium. There have been new

transport links: the Jubilee line, Docklands Light Railway and London City Airport.

There have been great sporting achievements: in 1966 three West Ham United players – Bobby Moore, Geoff Hurst and Martin Peters – were in the England team that won the World Cup and in 2012 we proudly hosted the Olympic and Paralympic Games.

Famous celebrities have come from here: actors Honor Blackman, Idris Elba and Terrence Stamp and England cricketer Ravi Bopara. Great films have been made here and great plays have been staged here.

Musicians, fashion designers, writers, architects and artists have all left their mark.

In 2002 we even got our first directly elected Mayor – Sir Robin Wales.

We all have memories of places, and events in Newham. Now we want you to share yours. Were you there when West Ham United won the FA Cup, when the Queen visited or the airport opened? Let us know.

Visit [www.newham.gov.uk/50years](http://www.newham.gov.uk/50years) or email your anecdotes, stories and pictures to [fiftyyears@newham.gov.uk](mailto:fiftyyears@newham.gov.uk)

Together we will create a picture of our great borough that we can all share as part of Newham's 50th birthday celebrations.



## The birth of a borough

On 1 April 1965 Greater London and the 32 boroughs that make it up were brought into being by the London Government Act.



Newham was formed by merging the boroughs of East Ham and West Ham. North Woolwich also became part of the borough along with a small area west of the River Roding which had previously been part of Barking.

The act also created 32 councils and made them responsible for:

- personal health services
- welfare services
- children's services
- libraries
- refuse collection
- swimming baths
- weights and measures
- food and drugs
- public health inspection
- cemeteries and crematoria
- collection of rates.



# TOP CLASS EDUCATION

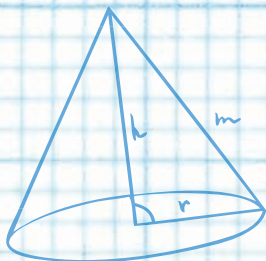
**Nine Newham secondary schools have joined forces with Newham Council to give high achieving A level students a first-class chance at securing places at the country's top universities.**



Last month, Newham Collegiate Sixth Form Centre (NCS) opened to some of the borough's brightest students. Housed in the former Old Technical College, part of the East Ham Town Hall Complex, in a prestigious Grade II listed building, NCS offers an enhanced A level curriculum with specialisms in science and mathematics.

The NCS is a joint project between Newham Council and secondary schools: Cumberland, Kingsford, Lister, Little Ilford, Plashet, Rokeby, Royal Docks, Sarah Bonnell and Stratford School Academy, but is open to all Newham students. It came about following discussions with parents and schools about the choices for prospective A level students in Newham, and the number of students leaving Newham to study at school sixth forms in other boroughs. Councillor Qunitin Peppiatt, cabinet member for children and young people, said: "Our aim is to ensure that all young people in Newham are able to access a wide range of learning opportunities that meet their needs and aspirations. We wanted to respond to the requests from parents, students and our head teachers to increase the choice for students wishing to study A levels in Newham. The NCS provides a high-quality facility for young people that has enhanced the A level offer in the borough, and has already attracted young people from Newham schools to remain in Newham for their A level study."

The NCS A level programme focuses on subjects preferred by selective universities, and is further enriched by the compulsory super curriculum. This focuses on preparing students for progression



$$\frac{3x+1}{5} - \frac{2x}{3} = 15$$

$$15 \cdot \frac{3x+1}{5} - 15 \cdot \frac{2x-1}{3} = 15$$

$$3 \cdot (3x+1) - 5 \cdot (2x-1) = 7x$$



to selective universities by delivering degree-level university style tutorials, stretching learning well beyond the general A level curriculum.

Principal Mr Mouhssin Ismail, a former city banking and finance lawyer and assistant head teacher at Seven Kings High School, is no stranger to east London, having been born and bred in the area. His dedication to ensuring his students achieve the best and his enthusiasm for a new centre of educational excellence saw him convince 150 young people

that the ideal place for them to get the best grades was NCS. He said: "We want to be a centre of excellence and encourage students and staff to do what inspires them.

"We don't exist just for our students to get good A levels and go to a Russell Group university, that's part of what we do, but if you're a student at NCS you're coming here to get the full package which includes the mindsets and the habits and the dispositions that you are going to need to be a leader."



**Urwah Zahid, former Plashet School student studying A level history, biology, chemistry and maths**

"My siblings went outside the borough for their A levels but Mr Ismail convinced me I could get the same level of education here. I'm really enjoying it. It's close to home. If I went where my siblings went I'd have to travel more than an hour each way. I like what we're doing and our curriculum."

**Paul Yalipende, former Little Ilford School student studying A level biology, chemistry, economics and maths**

"With no track record, I took a risk by coming here, but it was a good risk to take. It's a beautiful building and the teachers are amazing. I've enjoyed my first few weeks a lot, the independence mostly. The teachers don't govern us, we make our own choices in that way; they don't feed us information, which is what I like."



**Gurinder Sanhotra, head of science**

"I'm really excited about NCS because it's a brand new project. I want to send out a ripple across the borough and let schools, students and parents know that this is the place to be if you want to apply to Oxford, Cambridge or Russell Group universities.

"We have a high calibre of students here. I was born and brought up in Newham and went to Little Ilford School. Coming back seems like completing the story. I've gone and got my qualifications and have the chance to give back what I took."

Discover more about the Newham Sixth Form Collegiate by visiting [www.ncs6.org](http://www.ncs6.org)

$$3 \cdot (3x+1) - 5 \cdot (2x-1) = 7x+3$$
$$\frac{3x-1}{3} = 15$$
$$\frac{7x+3}{15}$$



## WIN: All aboard for boat tours

Due to popular demand, boat tours of Queen Elizabeth Olympic Park's (QEOP) waterways have been extended until the end of the year. You could win one of five family tickets to experience it in style.

Enjoy beautifully landscaped parklands as you sail past iconic sporting venues of the London 2012 Games and learn more about the capital's newest district.

Boat tours start from Stratford Waterfront. Tickets for the 45-minute journey cost £8 for adults, £4 for children/under-threes free. A family of four (two adults and two children) pay £20. Tickets can be purchased on the day from boat operators Lee & Stort Boat Co Ltd at their pontoon. Visit [QueenElizabethOlympicPark.co.uk](http://QueenElizabethOlympicPark.co.uk) for details.

To enter for the chance to win a free family ticket, answer this question: **name one sports venue in QEOP?**

Email your answer, name address and telephone number to [Newham.Mag@newham.gov.uk](mailto:Newham.Mag@newham.gov.uk) or send it to Newham Mag, Newham Dockside, 1000 Dockside Road, E16 2QU, before Friday 24 October.



## Help raise £120k



Newham charity Gasworks Dock Partnership has reached the final round of Kew Garden's prestigious Grow Wild flagship project and are asking residents to help them win the national public vote and secure the £120,000 award.

The money will be used to create Cody Wilds by transforming a currently unused riverside area in Canning Town into new woodland, wetland and wildflower meadows.

Vote online at [vote.growwilduk.com](http://vote.growwilduk.com) or via [facebook.com/GrowWildUK](https://www.facebook.com/GrowWildUK) or by calling 0808 228 7702. Landline calls are free, but you may be charged if using a mobile. Voting closes on Tuesday 4 November at 5pm.



# Volunteer to work with young people

New Choices for Youth (NCY), a charity that works with children and young people in crises, is recruiting volunteers for:

- Rapid Response, a partnership with Newham University Hospital providing emotional support to young people and their families who are at the Emergency Department because of a violent crime. You need to be aged over 21 and able to work at least one six hour shift between 6pm-6am, per week. Training provided.
- Healthy Conversations, a project to improve the health of young people. Volunteers aged 16 to 25 are needed to be health ambassadors and help run workshops.
- BMXtreme, to help run BMX biking sessions with young people. All equipment and training is provided.

To find out more call 020 8471 1749. For an application form email [admin@ncytrust.org](mailto:admin@ncytrust.org)

# Come to the Caravanserai

Join the Canning Town Caravanserai and Newham Steel Band for two special events this month.

Come down to the Caravanserai, 110-116 Silvertown Way, E16, on Friday 24 October for an exhibition, or feel Caribbean vibes at a steelpan workshop on Saturday 25 October, which has been supported by a Newham Council Let's Get the Party Started grant.

Both events are free, open to all and run from 12noon-8pm. For more information, or to enquire about hiring a kiosk or exhibition table, email [caravanserai@ashsak.com](mailto:caravanserai@ashsak.com)

To apply for a Let's Get the Party Started grant visit [www.newham.gov.uk/grants](http://www.newham.gov.uk/grants)

# Riverside volunteering

Waterway charity Thames 21 inviting residents to help turn the Thames Path, which starts at the Thames Barrier in Silvertown, into a green oasis which attracts marine birds and other wildlife.

Plans include better and safer public access, a green recreation area and free community events. Volunteers are needed for foreshore clean-ups, restoration of the Thames Path and clearance work to help restore the area's natural diversity.

To get involved in reclaiming this unique area of London, or for more information, email [simon.reddecliffe@thames21.org.uk](mailto:simon.reddecliffe@thames21.org.uk)



# Hotshot tennis

The Lee Valley Hockey and Tennis Centre in Queen Elizabeth Olympic Park (QEOP) is serving up tennis for young people aged between five and 16.

Hotshots junior coaching sessions take place every Saturday and cost £3. Five to ten-year-olds play from 11am-12.30pm, with sessions for 11 to 16-year olds from 12.30-2pm. Participants should register at reception 15 minutes before the session starts. Players should wear suitable clothing and trainers and bring a drink.

For more information visit the centre at Eton Manor, Leadmill Lane, QEOP, E20, or go online to [www.visitleevalleypark.org.uk/hockeytennis](http://www.visitleevalleypark.org.uk/hockeytennis)



# Kids' Corner



PLEASE SEND YOUR DRAWINGS,  
JOKES AND POEMS TO:  
**KIDS' CORNER, WEST WING**  
**4TH FLOOR, NEWHAM DOCKSIDE**  
**1000 DOCKSIDE ROAD, LONDON E16 2QU**  
OR EMAIL THEM TO  
**[newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)**

Don't forget to write your name, age, address and daytime  
contact telephone number on the back of your entry

## GALLERY



*Krishan Choudhury, 8*



*Asavari Kaur, 5*



*Julia Kowalczyk, 8*



*Yanique Graham, 9*



## Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit [www.picturehouses.co.uk](http://www.picturehouses.co.uk) to see what's on.



Stratford Picturehouse, Theatre Square, E15

## Poem

### Anybody's Dreams

We sit down,  
But we never think about  
the world around us,  
Going thick, but never lean.  
Our mobile phones cannot  
keep us company,  
It's just entertainment  
which can sometimes  
Drive people mad!  
But,  
Before you go to bed,  
Just look outside your  
window  
And glare at the wonderful  
dark blue sky.  
You'll say to yourself,  
"Wow, it's my dream to  
travel to the stars!"  
When you open your eyes  
you realise this is not a  
dream.  
It's real life not a fairytale in  
a child's book.  
One day,  
Everyone will see.  
For nobody knows  
Anybody's dream.

Renee Addo, 11

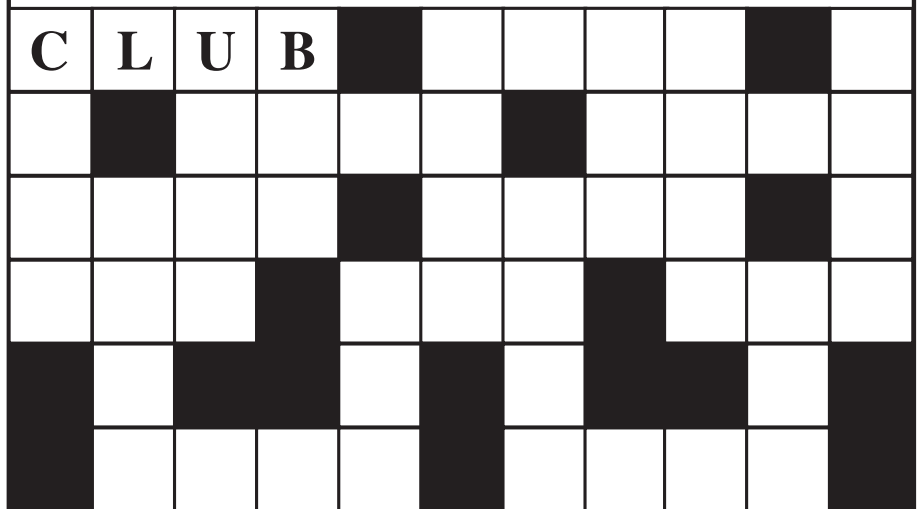
## Colour-me-in Wordfit

### 3 letters

BED  
EAT  
ELM  
EYE  
LAW  
SKI  
SLY

### 4 letters

AVID  
BROW  
CAVE  
DENY  
KIDS  
KITE  
NEAR  
OATS  
SWIM  
TRAY  
TUSK  
UNIT  
VERB  
VOID





# WHAT'S ON?

FIVE PAGES OF ACTIVITIES **MOSTLY FREE, ALL FUN**

## OUR THRILLING THREE...

1

**The Big Push** – 5km fundraising walk to combat postnatal depression. Sun 12 Oct, 11am. Meet at Central Park Children's Playground, High Street South, E6. £5 per family. Call **07956 451 012** or email [newham@nct.org.uk](mailto:newham@nct.org.uk)

2

**Autumn Fayre** – live music, raffle, arts and crafts, demonstrations, refreshments and more. Sat 18 Oct, 1-4pm, the Hub, Star Lane, E16. Call **07752 877 425**

3

**Dr Maya Angelou** – a celebration of the poet, activist and author. Thurs 16 Oct, 6-8pm, The Gate library, Woodgrange Rd, E7. Discussions, artistic presentations, book readings and more. Register with **Glennette.Bowlesdove** @[newham.gov.uk](mailto:newham.gov.uk) or call **020 3373 8382**.

## MENTION THE MAG...

To celebrate their 17th year at Stratford In Shops, the CD Bar is offering readers of the *Newham Mag* an exclusive discount.

The CD Bar is a music shop specialising in hip-hop, reggae, jazz, gospel and R'n'B, plus local artists.

Mention the *Mag* and you can get £1 off any CD or DVD purchased throughout October 2014. You can find the CD Bar at In Shops, Stratford Centre, E15. For more information call Valentine on **07768 687 548**.



## TRY SOMETHING NEW... HALF TERM CRICKET

Enjoy fun coaching and games and learn to improve your batting, bowling and fielding at half term cricket sessions.

From 27 to 29 October, from 10am-1pm, head to Lister School, St Mary's Road, E13 for a wicket time.

Sessions are for ages eight to 16 and cost £2 per day or £5 if you attend all three days. Pre-book your place by calling **0300 124 0123** or just turn up and pay on the day.

For more information email [paul.farthing@activenewham.org.uk](mailto:paul.farthing@activenewham.org.uk) or call **07741 293 513**.



## ★ Indicates free sessions

### UNDER-FIVES LIBRARY ACTIVITIES



#### **Music and Rhyme** ★

Tues, 10.30-11.30am,  
Custom House

#### **Rhyme Time** ★

Thurs, 1.30-2.15pm,  
Custom House

#### **Storytelling** ★

Mon, 11am-12noon, Beckton  
Globe; Mon, 10.30-11.15am,  
Custom House; Tues, 10.30-  
11.30am, Canning Town; Tues  
11am-12noon, The Gate;  
Thurs, 9.45-10.45am, East  
Ham; Sat, 11am-12noon,  
Green St; Fri, 11am-12noon,  
Manor Park; Thurs, 2-3pm,  
North Woolwich; Thurs, 2-3pm,  
Plaistow; Tues and Fri, 11am-  
12noon, Stratford

### **Stay and Play** ★

Support for parents and carers to develop their child through play. Term time. Weds and Sat, 10am-12noon, Stratford

### YOUNG PEOPLE'S LIBRARY ACTIVITIES



#### **Board Games Club (7-13yrs)** ★

Play chess, Checkers, Ludo, Pictionary and more. Term time. Thurs, 4-6pm, Green Street and Custom House; Thurs, 4.30-6pm, North Woolwich; Tues and Fri, 4-5pm, Stratford (term time)

#### **Homework Club (7-14yrs)** ★

Free study support. Term time Fri, 3.30-5.30pm, Beckton and Canning Town; Thurs, 4-6pm, Plaistow; Fri, 4-5.30pm, East Ham; Sat, 2-3.30pm, Green St; Weds, 3.30-5.15pm, Manor Park; Mon, 3.30-5.30pm, North Woolwich; Mon, 4-6pm, Stratford; Sat, 10am-12noon, The Gate



### Games Club (7-16yrs) ★

Sony PS3, Xbox360, Nintendo Wii, board games and more.

Tues, 3.30-5.15pm, Custom House; Thurs, 4-6pm, Canning Town; Wed, 3.30-5.15pm, Forest Gate

### Time-2-Craft (16+yrs) ★

Sat, 10am-12noon, Stratford

### Young People's Book Club (7-13yrs) ★

Come and talk about your favourite books. Tues (term time), 3.30-4.30pm, North Woolwich

## OTHER LIBRARY ACTIVITIES



### Family Reading Group (3+) ★

First Sat of month; 1 Nov – The Magical Life of Mr Renny by Leo Timmers. East Ham

### Art Under The Sea (3-12yrs) ★

Draw, paint, glue and write to make marvellous creations inspired by some under the sea poetry.

Sat 1 Nov, 1.30-4.30pm, Custom House Library

### Adult Reading Group ★

Mon 13 Oct, 10 Nov, 6.30-7.30pm, check with library, Stratford  
Thurs 16 Oct, 6 and 20 Nov, 6.30-7.30pm, Green St  
Thurs 6 Nov, 6.45-7.45pm – Mapp and Lucia by E F Benson, Plaistow Library  
Thurs 16 Oct, 6-7pm, A Private Life by Bill Bryson, Thurs 20 Nov, 6-7pm, check with library, East Ham Library  
Sat 18 Oct, 1, 15, 29 Nov, 10am-11am, check with library, Custom House

### Chess Club ★

Mon, 5.30-7.30pm, East Ham  
Weds, 3.30-5pm, Green St  
Thurs, 5.30-7.30pm, Stratford

### Coffee Mornings ★

Thurs, 10-11.30am, Canning Town  
Tues, 11am-12.30pm, Custom House  
Tues 14 Oct and 11 Nov, 10am-12noon, Manor Park  
Wed 15 Oct and 19 Nov,

10.30am-12noon, Green St  
Wed 12 Nov, 10.30am-12noon, Stratford  
Wed 29 Oct and 26 Nov, 10am-12noon, The Gate  
Wed 15 Oct and 19 Nov, 10am-12noon, East Ham

### Do It Online (18+yrs) ★

Free six or eight week basic computer training. Advance booking required, contact library directly.

Tues, 10am-12noon, The Gate  
Tues, 10am-12noon, East Ham  
From 4 Nov, Tues 10am-12noon and 2-4pm, Plaistow  
Mon, 10am-12noon, Manor Park  
Weds, 2-4pm, Stratford  
Thurs, 10am-12noon, Green St

### Develop your internet skills ★

Delivered by Barclays Bank. Bring a laptop or smart phone.  
Sat 15 Oct, 10am-4pm, Plaistow. Call 07775 550 132

### Family Arts Club (3-12yrs) ★

Sat, 12noon-2pm, The Gate

### Children's Movie Club (7-12yrs) ★

Thurs, 4-6pm, booking essential. The Gate

### Arts and Craft (5+yrs) ★

Fri, 3.30-5pm, Green St

### Half Term Activities (5-13yrs)

27-31 Oct, Green St, call 020 3373 0857. ★

### Halloween Show (4-12yrs) ★

Tues 28 Oct, 1.30-3.30pm, Manor Park

### Halloween stories (4-12yrs)

Sat 1 Nov, 10.30-12.30pm, Manor Park

### Knit & Natter (16+yrs) ★

Weds, 10am-12noon, Beckton  
Fri, 10.30-11.30am, Canning Town  
Fri, 10am-12noon, East Ham  
Tues, 10.30am-12.30pm, Manor Park

### CV Writing Workshop ★

Advance booking required.  
Mon, 10am-12noon, Stratford

### CV Support and Careers Advice ★

Advance booking required.

Thurs, 10am-5pm, Stratford

### Over-50s Club ★

Thurs, 10am-12noon, Beckton Globe

### Oral Health Drop In ★

Thurs 6 Nov, 3-5pm, The Gate (1st Thurs of month)

### SNT Drop-In ★

Come and meet your Police Safer Neighbourhoods Team (SNT)  
Fri, 12noon-1pm, Stratford. Thurs 30 Oct and 27 Nov, 10am-12noon, Canning Town (last Thurs of month) ★

### UEL Drop In

Tues 4 Nov, 10am-12noon, The Gate (1st Tues of month)

### Writers Group ★

Thurs 25 Sept, 5.45-7.30pm, The Gate (last Thurs of month)

### ICT Surgery ★

Advice on computer issues for all ages.

Mon, 10am-12noon and 2-3pm, Plaistow; Wed, 10.30am-12noon, Stratford; Fri, 2-4pm, Canning Town

### Stratford London Toastmasters

Public speaking and leadership club. 1st and 3rd Monday of month, 6-8pm, Stratford. Fee applies. Call 020 3373 0826

### Big Ideas ★

Birkbeck University lecture: What makes people happy? Mon 10 Nov, 6.15-7.45pm, Stratford, bookings for the event [www.bbk.ac.uk/tryit](http://www.bbk.ac.uk/tryit)

### Family Fitness ★

Yoga, Pilates and Zumba. Children must be accompanied by an adult. Stratford, Mon, 11am-12noon

### Weekly Get Together ★

Try new things. Mon, 10.30am-12.30pm, Green St. Call 020 3373 0857

### Love Newham app drop-in ★

Learn how to report issues via the app. Mon, 10.30-11.30am, The Gate

### Sexual Health Advice

Mon, 13 and 27 Oct; 10 and 24 Nov, 11am-2pm, The Gate

### CYANA ★

Cancer information and advice. Thurs, 23 Oct and 27 Nov, 3pm-5pm, The Gate

### Book Sale ★

Sat 18 Oct, 10am-5pm, Plaistow

### Stoptober Help ★

Free stop smoking advice. Sat 25 Oct, 9.30am-5.30pm, Plaistow Library

### Halloween Film Special (18+ yrs) ★

Fri 31 Oct, 7.30-10.30pm, Plaistow

### Halloween Party (6-14 yrs) ★

Fri 31 Oct, 4-6pm, Plaistow

### British Sign Language Social Club ★

Thurs 16 Oct and 20 Nov, 5.30-7.30pm, The Gate (3rd Thurs of month). Thurs, 10am-12noon, Beckton

### Grants Surgery ★

Guidance on Let's Get the Party Started and Go for It grants. Thurs 9 Oct and 13 Nov, 4-6pm, Manor Park

## COMMUNITY ACTIVITIES



### Bumps and Babies (up to 1yr) ★

A free home-based meet up every Wed, 1-3pm for expectant parents and those with babies. Email [newhamnct@hotmail.com](mailto:newhamnct@hotmail.com)

### Meet and Greet ★

Mums, Bumps and Babies  
Fri in various cafes around Newham. Visit [www.netmums.com](http://www.netmums.com) or email [jojostevie@live.com](mailto:jojostevie@live.com)

### Royal Docks Learning & Activity Centre

Tues, Bingo, 10am-12noon, £1  
Parent and Toddler group, 10am-12noon, £1  
Wed, Coffee Morning, 9.30-11am  
Job Club, 10am-2pm  
Needlecraft, 10am-12noon, £2  
Employment 1-2-1 support, by appointment



**Thurs, Tai Chi, £2, first session free, 10.30am-12noon**  
Line Dancing for 50+, 1-3pm, £1  
Royal Docks Learning & Activity Centre, Albert Rd, E16. Call 020 7476 9922. Visit [www.rdlac.org.uk](http://www.rdlac.org.uk)

### Table Top Sale

Sell your goods. £5 a table.  
Last Sat of every month,  
9am-2pm, Jack Cornwell  
Community Centre, E12.  
Call 020 8553 3459

### Junior Volunteer Police Cadets (10-12 yrs, term time)

Wed, 3.30-5pm, Little Ilford School, Browning Rd, E12, £1.  
Thurs, 4.15-5.45pm, Upton Community Centre, Claude Rd, E13, £1. Call 07500 881 378

### Senior Volunteer Police Cadets (13-17 yrs)

Wed, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881 378

### Market Games event (9-19yrs)

Activities from Zumba to Taekwondo. Wed 29 Oct, 2-5pm, Queens Market. Green St, E13. Call 0844 414 2728

### Newham in Pink

Raising awareness about breast, cervical and ovarian cancer. Sun 19 Oct, 3.30-8pm, Newham Town Hall, Barking Rd, E6. To register email [nishya.murali@gmail.com](mailto:nishya.murali@gmail.com)

### One World Event

Song, dance, drama, poetry, food and drinks from around the world, Sat 18 Oct, 5-9pm, St Matthew's Church, Dyson Rd, E15

### BOXING AND SELF DEFENCE



### Boxing (Newham College)

Mon, 5-6pm, East Ham Leisure Centre, E16. Wed, 4-5.30pm, UEL SportsDock, E16

### Fight For Peace Boxing

Mon to Fri, 4-5pm 10-14yrs  
Mon to Fri, 5-9pm, 14+yrs  
Woodman St, North Woolwich, E16. Call 020 7474 0054

### Punch Out (16+yrs)

Fri, 4-5pm, Katherine Rd Community Centre, 254

Katherine Rd, E7

### Intense Fitness (14+)

Workouts, boxing and wrestling. Fri, 8.30-10pm, £5. The Hartley Centre, E6. Call 07878 253 642

### Shoujin Karate

Wed (term time), 4.30-5.30pm,  
Fri, 6-7pm and 7-8.30pm. Sun,  
10-11am. Under-15yrs £4,  
18+yrs £6, concs £5.  
Newham Leisure Centre, E13.  
Call 07508 070 638

Docklands Shoujin Karate, Mon and Wed, juniors and beginners 7-8pm, all other grades 8-9pm. First session free, under-15yrs £4, 16+ £6, concs £5. UEL SportsDock, call 07766 685 869  
Competition training, juniors (8-14yrs), Tues and Thurs, 6.30-8pm; seniors (15+ yrs), Tues and Thurs, 8-9.30pm.

Beginners, juniors (8-14yrs)  
Wed, 6.30-7.45pm; seniors (15+ yrs), Wed, 7.45-9.15pm. From £2-£5 per class. Carpenters Docklands Centre, 98 Gibbins Rd, E15. Call 07985 601 260 [www.stratfordjudo.com](http://www.stratfordjudo.com)

### West Ham Boys ABC

Mon, Wed, Fri, mixed (8-16yrs), 5-6pm. Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12noon, £2. 2 London Rd, E13. Call 020 8472 3614

### HEALTH AND FITNESS



### Bootcamp and Circuits with Al

Mon, 6.30-7.30pm, Chandos East Community Hub, E15. £4. Call 07956 944 252

### Janice's Fitness

Mon, 7.15-7.45pm, flatter abs, £3, The Hartley Centre, E6. Call 07818 000 643

### Twisted Pink Street Dance

7-11yrs, Thurs, 6-7pm, St Luke's Church, Tarling Rd, E16.  
12+yrs, Fri, 6-7pm, Maryland Studios, 84 Leytonstone Rd, E15. £3. Call 07961 544 017, visit [www.twistedpink.org.uk](http://www.twistedpink.org.uk)

### Zumba fitness

Wed, 7.15-8pm, £3.50

Vicarage Lane Community Centre, Govier Cl, E15. Call 07759 020 955

### Zumba with Jessica

Mon, 6.30pm, £2.50  
Asta Community Hub, 14a Camel Rd, E16  
Sat, 9.30am, circuits £4, Community Resource Centre, 200 Chargeable Ln, E13. Call 07884 951 484

### 50+ ACTIVITIES



### Age UK East London Nordic Walks (18+)

Tues, 9.30-10.45am, meet at Age UK East London Newham Branch, 655 Barking Rd, E13  
Sun, 10-11am, meet at entrance of the Copper Box, Queen Elizabeth Olympic Park, E20. For more info call 07989 938 242

### Health Walks

Mon, 2pm, starts by the War Memorial, Central Park, E6. Call 07518 750 120  
Tues, 10am, starts outside Pret a Manger at Stratford Station. Call 0844 414 2728  
Tues, 1.30pm, starts at the corner of Wanstead Flats at the junction of Capel Rd and Woodford Rd. Call 0844 414 2728  
Wed, 10.30am, starts outside Hamfrith Centre, McGarth Rd, E15. Call 07870 291 120  
Thurs, 1.30pm, starts at the corner of Wanstead Flats at the junction of Capel Rd and Woodford Rd. Call 07908 744 555

Thurs, 2pm, starts by the War Memorial, Central Park, E6. Call 07518 750 120  
Fri, 10.30am, starts outside St Mark's Community Centre, Tollgate Rd, E6. Call 07908 744 555

### Newham Striders

Daily walking group  
Call 0844 414 2728

### Nordic Walking

Wed, 9.30am. Meet at Lord Lister Health Centre, E7. Not suitable for wheelchairs. Call 07783 660 429  
Fri, 6.30-8pm. Meet at Newham Leisure Centre, E13  
Sun, 10-11.30am. Meet at East

Ham Leisure Centre, E6

### Ballroom Dancing

Mon, 10am-12noon, St Paul's Church Centre, Burges Rd, E6. £2.50 per session. Call 07761 209 463

### Tea Dance

Wed 19 Nov, 1-3pm, St Mark's Community Centre, E6. Dancing, chat and refreshments. £1.50

### Young at Heart

Mon, 12noon-4pm, £1. Jeyes Community Centre

### GREEN



### Green Gym

Wed, 10am-1pm, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156

### Green Volunteering

Tues and Thurs, 10am-2pm. Silvertown Wy, E16 (opp. Hallsville Rd)

### Garden Club

Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

### Gardening Thymes

### Gardening Club

Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

### Grow Together Be Together Community Gardening Club

Wed, 10am-1pm. Sat, 1pm-3pm  
Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

### DOORSTEP CLUBS



Call 0844 414 2728 unless otherwise stated.

### Athletics Club (14+)

A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394 756.

### Gym & Basketball (14+yrs)

Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

### Stunt & Tumble (14+yrs)

Thurs, 7.30-9pm, £5, Talent Cheer & Dance, Gallions Reach, Armada Wy, E6. Call 07866 612 610



## FEMALE SPORTS



### Basketball Sessions



Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

### Dare2Dance (12-16yrs)



Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

### Female Boxfit (14+yrs)



Mon, 4.15-5.15pm, Balaam Leisure Centre, E13.  
Call 07970 783 526

### Girls Football (11-16yrs)



Tues, 4-5.30pm and Thurs, 5-6pm, Newham Leisure Centre.  
Fri, 5-7pm, Memorial Park, E15

### Girls Group Cycling (11-15 yrs)



Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

### Just Play (14+yrs)



Wed, 6.30-8pm, multi-sports (term time). Cumberland School, E13. Call 0844 414 2728

### Ab-Attack

Mon, 7.15-7.45pm, £3  
The Hartley Centre, E6.  
Call 07818 000 643

### Abs Blast (11-15yrs)

Thurs, 5.30-6pm, £3.10,  
Newham Leisure Centre, E13

### Athlefit (14-18yrs)

Athletic fitness, Wed, 5.30-6.30pm, £1. Flanders Community Centre, Napier Rd, E6. Call 07718 394 756

### Female Only Gym Sessions

Mon, 3-4pm, 16-25yrs.  
Mon and Wed, 7.30-10.30pm.  
Tues and Thurs, 12noon-1.30pm.  
Sun, 3-5pm. 11-15yrs. £4.65,  
Newham Leisure Centre, E13

### Get Back into Netball

Tues, 6-7.30pm, juniors,  
7.30-9pm, seniors, £2. Lister Community School, E13. Call 07717 281 529

### Julie's Mums On The Run

Wed, 10-11.30am, £5, or bring a friend and both pay £4 each. Abbey Lane Park, E15.  
Call 07961 374 772

### Keepfit

Wed, 10am, £1, Chandos East

Centre, E15. Call 07950 944 095

### Keep Fit – Stay Fit

Sat, 10-11am, £3.50. Jack Cornwell Community Centre, E12. Call 07795 064 116

### Ladies Only Keep Fit

Wed, 10am, £1, Chandos East Centre, Chandos Rd, E15.

Thurs, 10am, £1.50, Rokeby Centre, Rokeby St, E15

### Sheila's Yummy

### Mummy Buggy (16+yrs)

Mon, 10-11.30am, £5, Central Park, High St South, E6 (meet outside cafe in the park). Fri, 10-11.30am, Plashet Park, Plashet Grv, E6. Call 07908 614 958

### Women's Badminton

Fri, 1-2.30pm, East Ham Leisure Centre, E6, £2, equipment provided.  
Call 07930 162 505

### Women United AFC (11+yrs)

Mon (term time), 6-7.15pm, £1, Kingsford School, E6. Call 07792 932 979

### Zumba and Tone

Tues, 1-2pm, £1.  
St Bartholomew's Church Hall, Barking Rd, E6.  
Call 07944 775 679

## SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE



### Ability Club (14-25yrs)



Multi sports for disabled young people. Wed, 5.30-6.30pm and Fri, 4.45-6pm, NewVlc, E13

### Athletics (8-18yrs)



Tues, 4.15-6.15pm, Brampton Manor, Roman Rd, E6.  
Thurs, 4.30-5.55pm, St Angela's Ursuline School, E7. Email cnourrice@englandathletics.org

### Family Swims



Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 07931 788 739  
Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, £5. Call 020 7476 5274

### Get Fit for Free



Tues, 1.30-3.30pm and Fri, 10am-12noon.  
Free gym use for people with learning disabilities.  
Newham Leisure Centre, E13.  
To book an induction call 020 7511 4477

### Sensory Play (U5yrs)



Fri, (term time)  
10-11.30am, Oliver Thomas Children's Centre, Mathews Ave, E6.  
Email kathy.holdsworth@oliverthomas.newham.sch.uk or call 020 8821 0997

### Swim for Families Dealing with Autism



Wed, 4-5pm, Balaam Leisure Centre, E13. Call 020 7476 5274

### Trampolining

### Sessions (U19yrs)



Tues, 4.30-5.30pm, U19yrs, Newham Leisure Centre, E13. Call 020 7511 4477

## RUNNING



### Beckton Park Run



Sat, 9am, Beckton Park South, E16. Call 07718 394 756  
[www.parkrun.org/beckton](http://www.parkrun.org/beckton)

### East End Road Runners



Tues and Thurs, 7pm  
Sun, 9am. Meet on the track.  
Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261 647

### Run England

£2 unless stated.

Sun, 10am-12noon, Newham Leisure Centre, E13, (meet on track).  
Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track).  
Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception).  
Wed, 12noon-1pm, Newham Dockside, E16 (meet at reception).  
Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception).  
Sat 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion).  
Sat 10-11.30am,

Memorial Park, E15, £4 (meet at car park).  
Call 07718 394 874

## SPORTS



### Cycling Lessons



Beginners, Wed, 10-11.30am.  
Advanced, Fri, 10am-12noon.  
Unit 4 Nelson Street Studios, 2 Nelson St, E16. All equipment provided. Call 020 7055 0808 or visit [www.careinmind.org.uk](http://www.careinmind.org.uk)

### Athletics

Newham and Essex Beagles Athletics Club. Mon and Wed, 6-9pm. Foundation Groups (8-10 yrs), Mon, 7-8pm and Wed, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. For further details visit [www.newhamandessexbeagles.co.uk](http://www.newhamandessexbeagles.co.uk)

### BMX (6-16yrs)

Sun, 10am-12noon, £3.  
Gooseley Playing Fields, St Albans Ave, E6.  
Call 07961 333 615

### Fencing with Newham Swords

Tues, 6-9pm, Thurs, 6-9pm  
Fri, 7-10pm. Classes for adults. (18+) and mini-pirates (4-7yrs). UEL SportsDock  
Call 07956 618 898

### Indoor Cricket (8-16yrs)

Wed, 6-8pm, £2,  
Lister Community School, E13, email paul.farthing@activenewham.org.uk

### Badminton

Thurs, 7-9pm (term time). Groups and singles. £5. Little Ilford School. Browning Rd, E12. Call 07944 117 263

### Woodside Badminton Club

Fri, 7.30-9.30pm, intermediate and club standard. £5 waged/£3 unwaged, Carpenters and Dockland Centre, 98 Gibbins Rd, E15. Call 07956 150 240

## FOOTBALL



### AIR Football (16+yrs)




Tues, 1-3pm, Fri, 10am-






Basketball

12noon, Memorial Park,  
Memorial Ave, E15.  
Fri, 3-5pm, Beckton  
Powerleague, E6.  
Visit [www.airfootball.co.uk](http://www.airfootball.co.uk)

**Football and Athletics**   
Thurs, 4-5.30pm, Britannia  
Village, 65 Evelyn Rd, E16

**Football & Multi Sports**   
Mon, 4-5.30pm, Newham  
Leisure Centre, E13.  
Wed, 5-6pm, Stratford  
MUGA, West Ham Ln, E15

**Mayor's Football League**   
U10yrs, U12yrs, Mon, 4.30-  
6pm, U16yrs, U18yrs, 6-7pm  
Newham Leisure Centre, E13

**Premier League (16+yrs)**   
6-a-side (4 subs) Weds,  
7-10pm, Newham Leisure  
Centre, E13

**WHU Kicks**   
Mon, Tues, Fri, 4-7pm,  
WHUCST, Beckton 3G, 60A  
Albatross Cl, E6.  
Thurs, 6.30-7.30pm, Little  
Ilford Learning Zone,  
1 Rectory Rd, E12.  
Thurs, 6.30-7.30pm,  
Stratford Park MUGA, West  
Ham Ln, E15.  
Sat 10.30am-12noon,  
Newham Leisure Centre, E13

**Ascension Football**  
Sat, 10-11.30am, £3.  
Reception to 11yrs. King  
George V Park,  
King George Ave, E16.  
Call 07806 584 925

## BASKETBALL




**Basketball & Multi Sports**  
Fri, 5-6.30pm, 8-19yrs, 

Snowhill MUGA, Snowhill  
Rd, E12

**Basketball Sessions**   
Thurs, 5.30-6.30pm, Little  
Ilford Learning Zone, 1  
Rectory Rd, E12

**National League**   
Mon, 6-8pm, U13/14yrs,  
Tues, 6-8pm, U15/16yrs,  
Rokeby School, E16.  
Thurs, 4.30-6pm,  
U13/14yrs boys, U14yrs girls;  
6-8pm, U16yrs, Newham  
Leisure Centre, E13,  
6-8pm, U18yrs, Cumberland  
School, E13

**NCFE Sports - Basketball**  
Thurs, 5-7pm, East Ham   
Leisure Centre. To register  
email [sports@newham.ac.uk](mailto:sports@newham.ac.uk)  
or call 020 8257 4255

**Senior Programme**   
Mon, 7.30-9.30pm  
Division 2 women and division  
3/4 men. Rokeby School, E16.  
Call 07947 401 616

**Newham All Star Sports  
Academy (NASSA)**

Sessions £1 unless indicated.  
Juniors, Fri, 4-6pm  
Cumberland School, E13.  
National league U13yrs, U14yrs,  
U16yrs, Tues, 6-8pm, Rokeby  
School, E16.  
National league U18yrs, Tues,  
8-10pm, Rokeby School, E16.  
National league U13yrs,  
U14yrs, U16yrs, Thurs,  
6-8pm, SportsDock.  
National league U18yrs, Tues,  
8-10pm, UEL SportsDock.  
Junior boys and girls, Sat,  
10.20am-12.20pm, UEL  
SportsDock, £2.  
Call 07703 503 995.  
[www.nassasports.org.uk](http://www.nassasports.org.uk)

**Youngbloods Basketball**  
All sessions cost £1.  
U12yrs, mixed, Sat, 1-3pm,  
East Ham Leisure Centre, E6.  
U13/14yrs boys, Mon, 6-8pm  
and Wed, 4.30-6pm, St  
Angela's School, E7.  
U13/14yrs girls, Mon, 4.30-  
6pm and Wed, 4.30-6pm, St

Angela's School, E7.  
U15/16yrs boys, Tues, 6-8pm,  
St Angela's School, E7.  
Thurs, 8pm, St Bonaventure's  
School, E7.  
U17/18yrs boys, Mon and  
Wed, 8-10pm, St Angela's  
School, E7. Call 07958 307 657

## COMMITTEE MEETINGS

All meetings take place at  
Newham Town Hall, Barking  
Rd, E6, unless otherwise  
stated.

**Tues 14 Oct**, 4.30pm,  
Corporate Parenting Board,  
Newham Dockside  
7pm, Children and Young  
People Scrutiny Commission  
7pm, Regeneration and  
Employment Scrutiny  
Commission

**Thurs 16 Oct**, 5pm, Cabinet  
5.05pm Mayoral Proceedings  
7pm SACRE Venue TBC  
**Mon 20 Oct**, 7pm, Local  
Development Committee,  
Stratford Town Hall

**Tues 21 Oct**, 7pm, Strategic  
Development Committee,  
Stratford Town Hall

**Wed 22 Oct**, 7pm, Crime and  
Disorder Scrutiny Commission  
7pm, Health and Social Care  
Scrutiny Commission

**Thurs 23 Oct**, 7pm, Overview  
and Scrutiny Committee

Visit [www.newham.gov.uk/committee](http://www.newham.gov.uk/committee)  
for updates.  
All listings maybe subject  
to change, please contact  
individual events and activities  
before attending.

## CONTACT THE MAYOR

**Tues 21 Oct**, 5pm, Newham  
Town Hall, Barking Road, E6  
**Sat 25 Oct**, 10am, The Gate

## Telephone surgery

You can telephone **020 8430  
2000** on **Wed 8** or **Wed 22  
Oct, 9.30-10.30am** and leave  
your contact details. The  
Mayor will then phone you  
back at a later time.

## CONTACT DETAILS

### LIBRARIES

**Beckton Globe**  
1 Kingsford Wy, E6  
**Canning Town** Barking Rd, E16  
**Custom House**  
Prince Regent Ln, E16  
**East Ham** 328 Barking Rd, E6  
**Green Street** 337-341  
Green St, E13  
**The Gate** 6-8 Woodgrange  
Rd, E7  
**Manor Park**  
685-691 Romford Rd, E12  
**North Woolwich**  
5 Pier Parade, E16  
**Plaistow** North St, E13  
**Stratford** 3 The Grove, E15  
**Archives and Local Studies**  
Call 020 3373 6881  
email [archiveslocalstudies@newham.gov.uk](mailto:archiveslocalstudies@newham.gov.uk)

### LEISURE & SPORTS VENUES

**Balaam Leisure Centre**  
14 Balaam St, E13  
**East Ham Leisure Centre**  
324 Barking Rd, E6  
**Newham Leisure Centre**  
281 Prince Regent Ln, E13  
**NewVic** Prince Regent Ln, E13  
**UEL SportsDock** Docklands  
Campus, University Way, E16

### COMMUNITY CENTRES

**Beckton Community Centre**  
14 Manor Wy, E6, 020 7511 1214  
**Field Community Centre**  
147 Station Rd, E7  
020 8536 2800  
**Grassroots Centre** Memorial  
Park, Memorial Ave, E15  
020 3373 0650  
**The Hartley Centre**  
267 Barking Rd, E6  
**The Hub** 123 Star Ln, E16  
020 3373 0750  
**Jack Cornwell Community  
Centre** Jack Cornwell St, E12  
020 8553 3459  
**Jeyes Community Centre**  
1 James Cl, E13, 020 8548 9825  
**Katherine Road Community  
Centre** 254 Katherine Rd, E7  
020 8548 9825  
**St Mark's Community Centre**  
218 Tollgate Rd, E6  
020 7511 1214  
**Upton Community Centre**  
Claude Rd, E13, 020 8471 0040



# Guy Fawkes Night

## FREE fireworks display

**Saturday 1 November**

**Wanstead Flats, Centre Road, Forest Gate E7**

**Gates open: 5.30pm Display: 6.30pm**

Event entrances on Centre Road and Dames Road (no access from Lake House Road). No parking on site. Please use public transport. Contact Transport for London (TfL) for latest information. Bicycle racks are also available. You may be searched as a condition of entry. **Dogs, sparklers, personal fireworks, glass bottles and alcohol are NOT allowed on site.** Programme is subject to change. Please check the website for updates.

[www.newham.gov.uk/fireworks](http://www.newham.gov.uk/fireworks)

 [newhamevents](#)

 [@NewhamLondon](#)

[#NewhamFireworks](#)

In partnership with  
the City of London



Mayor of  
Newham





LONDON ACADEMY  
OF EXCELLENCE



## Open Events

Saturday 18 October  
9:30 - 14:30

Tuesday 25 November  
16:00 - 20:00

Saturday 10 January  
9:30 - 14:30

To register to attend an Open Event, visit  
**[www.excellencelondon.ac.uk](http://www.excellencelondon.ac.uk)**

The London Academy of Excellence warmly invites you to attend one of our Open Events, where you will have the opportunity to hear from Mr Weeks, the Head Master, about his vision for LAE and why it could be the right sixth form choice for you; look round the school and see our excellent facilities; talk to our exceptional specialist teachers and find out more about the subjects we offer and why they love teaching at LAE; and ask current sixth formers lots of questions about what it's like being part of our unique sixth form community and how LAE is supporting them to fulfil their aspirations.

**Deadline for applications:** Saturday 17 January 2015  
*Apply now at [www.excellencelondon.ac.uk](http://www.excellencelondon.ac.uk)*

**Assessment Days:** Saturday 24 January 2015, Saturday 31 January 2015, Saturday 7 February 2015

**Offers made:** By Friday 28 February 2015



[6thform.admissions@excellencelondon.ac.uk](mailto:6thform.admissions@excellencelondon.ac.uk)  
[www.excellencelondon.ac.uk](http://www.excellencelondon.ac.uk)  
**020 3301 1480**

Broadway House, 322 High Street, Stratford, E15 1AJ



*independent thinking*